

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Greenwich Store, Northeast Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Items on this list contain 4g or fewer of sugar per serving. Check out our website for more information about foods for a sugar conscious diet:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Cornbread Mix
- Multigrain Pancake Mix

Edward & Sons

- Organic Bread Crumbs - Italian Herb
- Organic Bread Crumbs - Lightly Salted

Highland Sugar Works

- Buttermilk Pancake Mix

Beverages

365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

Bread

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

Canned Goods

Divina

Sweet Roasted Peppers

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Baby Corn

Green Ripe Pitted Olives

Hearts of Palm Salad Cut

Jumbo Ripe Olives, Pitted

Large Ripe Olives, Pitted

Medium Ripe Olives, Pitted

Sliced Olives

Solid White Albacore Tuna

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

365 Organic Every Day Value™

Black Beans

Pinto Beans

Cereal

Weetabix

Whole Wheat Cereal

Cheese

Han's

Sharp Cheddar Spread

Chips, Pretzels and Snacks

365 Organic Every Day Value™

Thin Style Potato Chips, BBQ

Tortilla Chips, Nacho Cheese

Tortilla Strips, Lightly Salted

Bearitos

Organic Popcorn - 50% Less Oil

Organic Popcorn - Buttery Lite

Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

Chips, Pretzels and Snacks (Cont'd)

Newman's Own Organic

Organic Round Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Divina

Olives - Kalamata

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining

Entertainer Crackers with Wheat Germ

Golden Stoneground Bite Size

Crackers (Cont'd)

365 Every Day Value™

Saltine Crackers
Unsalted Tops Saltines

365 Organic Every Day Value™

Cheese Square Crackers
Golden Rounds
Herb and Garlic Water Crackers
Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Unsalted Plain

Dairy

England

Clotted Cream

Nasoya Foods

Egg Roll Wrappers
Won Ton Wrappers

Entrees and Mixes

Annie's Homegrown

Alfredo Basil Shells
Macaroni & Cheese - Bunny Shape
Macaroni & Cheese - Mild White Cheddar
Macaroni & Cheese - Organic White Cheddar
Shells - Organic Cheddar Alfredo
Shells - Real Aged Cheddar
White Cheddar Shells
Whole Wheat Cheddar Cheese Shells

Casbah

Couscous -Organic Nutted Crunch
Couscous - Organic Lemon Spinach
Couscous - Organic Roasted Garlic with Olive Oil
Couscous - Toasted
Spanish Pilaf

Entrees and Mixes (Cont'd)

Near East

Herb Chicken Couscous
Roasted Chicken & Garlic Pilaf
Spanish Rice

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach
Haricots Vert

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli
Crinkle Cuts
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

American Flatbread

Cheese & Herb Pizza
Revolution Pizza

Amy's

Cheese Pizza Snacks
Macaroni & Soy Cheese
Organic Chicago Veggie Burger
Organic Pesto with Tomato & Broccoli Pizza
Organic Soy Cheese Pizza
Organic Veggie Pot Pie with Whole Wheat Crust

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Kashi

Blueberry Waffles
Original Waffles

Soy Boy

Tofu Ravioli

Whole Catch™

Lightly Breaded Fish Nuggets
Lightly Breaded Fish Sticks

Jams and Nut Butters

Divina

Kalamata Spread

Im Health

Crunchy Soy Nut Butter

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Jumbo Smart Dogs

Yves

Fat Free Veggie Dog

Meat and Poultry

365 Every Day Value™

Mediterranean Rotisserie Seasoning

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Sauces, Salsas and Dips (Cont'd)

Jardines

Peach Medium Salsa

Muir Glen

Salsa - Organic Medium Chipolte

Seafood

Whole Catch™

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

Chicken Noodle Soup

Cream of Mushroom Soup

Lentil Bean Soup

Amy's

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

Health Valley

Fat Free Vegetable Barley Soup

Zesty Black Bean with Rice

Specialty Foods

Nuovo Pasta

Tri Colored Tortellini

Spices and Seasonings

365 Every Day Value™

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning

Spicy Shrimp Boil Seasoning

Sweeteners

Sun Crystals

Sweetener